

Meditation Instructions in the Thai Theravada Tradition

Introduction to Insight Meditation	5-10 key words	1-2 summary sentences using all key words.
Sustaining Attention		
Sitting	1-3 key points 1. 2. 3.	
Awareness of the Body	3-5 key points 1. 2. 3. 4. 5.	

Mindfulness of breathing - anapanasati	3-5 key points 1. 2. 3. 4. 5.
Walking and Standing	3-5 key points 1. 2. 3. 4. 5.
Lying down	Draw a picture of the reclined position being described in this section. Stick figures allowed. 😊

